



## ***Dr. Martin Luther King Community Center***

150 North Centre Avenue  
Rockville Centre, New York 11570  
(516) 678-9236



Patrick Morris  
Director

### **MLK Programs 2018-2019**

**After School Program:** **Mon-Fri** **3:00-6:00 PM**  
(Homework Assistance, board games, video games, computers, snacks, etc.)

**Watson Basketball** **Tues & Thurs Only** **7:00-10:00 PM**  
(Weds: Training & Skills with Pat Morris) (Middle School 7-8 PM) (HS/Adults 8:00-10:00 PM)

**Double Dutch Club** **Mondays Only** **4:30-5:15 PM**  
(Learn basic skills on how to jump rope professionally)

**Silver Foxes Senior Program** **Wednesday** **10:30-3:00 PM**  
(Seniors come to play bingo, lunch, trips to buffet and movies)

**Mentoring Program** **2 Thursday a month** **6:00-7:30 PM**  
(Program is geared to Middle & High School students who wants to learn the fundamentals of being a responsible person and commit to projects, and experience different things)

**Chef's Academy** **2 Fridays a month** **4:00-5:30 PM**  
(Learn different ethnicity and different cultures of food-Soul Food, Jamaican, Greek, and Italian)

**Reading Club** **Wednesday** **4:15-5:00 PM**  
(To increase elementary students to enjoyment of books, while improving reading activity)

**Arts & Craft** **Fridays** **4:00-5:00**  
(Learn to work with different kinds of paint, learn to draw, and the fundamentals of Art)

**Chess** **TBA** **5:00-7:00 PM**  
(Introduce children to logic thinking and take them away from phones and concentrate on strategic moves)

**Classic Movie Day** **Fri** **4:00-6:00 PM**  
( Introduce our children to Classic movies : Claudine, Raisin in the Sun, Roots, Baps, etc.)

**Dance Empress** **Mon-Fri** **5:00-7:00 PM**

**Beginners Dance Club** **Weds Only** **5:30-6:30 PM**

<b>Computer Room</b>	<b>Mon-Fri</b>	<b>5:00-7:00 PM</b>
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<b>****Adults*****</b>	<b>Mon-Fri</b>	<b>10:00-12:00 PM</b>
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<b>Video Game Club</b> (Children that a video gamers and are very serious about competition)	<b>Fri</b>	<b>6:00-7:00</b>
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<b>Fitness Program</b> (Program is dedicated to all genres who are into fitness and serious about working out)	<b>Tues.</b>	<b>5:00-6:00 PM</b>
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<b>Music &amp; Drama Program</b> (Program is to enhance children to think out the box and finally present an end of the year production; children will learn commitment, dedication. and creative art)	<b>TBA</b>	<b>TBA</b>
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<b>Open Recreation</b>	<b>Mon-Fri</b>	<b>6:00-8:00</b>
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	<b>Sat</b>	<b>12:00-6:00</b>
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(Come to play Pool, Shuffleboard, Ping Pong, Foosball, cards, board games, chess & checkers)

### **Adult Programs**

<b>Zumba</b> (All are welcome get ready to sweat, bring water bottle, beginners, and expert Class)	<b>Fri</b>	<b>7:00-8:30</b>
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<b>Soul Line Dancing</b> (SOUL LINE DANCING is a social dancing phenomenon that is an easy and energizing way to get some exercise while enjoying some great music and good company. It's a workout that doesn't feel like a workout! Each dance is a choreographed routine set to music from the latest R&B artists to classic hits of the Motown and funk eras, gospel)	<b>Starts Oct 2<sup>nd</sup> Every Tuesday</b>	<b>7:00-8:30</b>
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<b>Fan Van</b> ( For Seniors Only and Disability- Get the basic necessities such as Milk, cheese, beans, etc.	<b>1<sup>st</sup> Tues. each Month</b>	<b>9:00-11:00 AM</b>
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### **Seasonal Events**

<b>Open Recreation/Trips</b> ( All are welcome for Open Recreation, For trips you must be <b>signed</b> up with one of our programs and have a waiver on file. We are also open when elementary has half a days	<b>When School is Closed</b>	<b>Check your school calendar</b>
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<b>Thanksgiving</b> (Open to all in the Community, come fellowship and eat hearty)	<b>Friday</b>	<b>5:00-7:00 PM</b>
<b>Halloween</b>	<b>Wednesday</b>	<b>4:00-6:00</b>
<b>Christmas</b>	We have limited donations.	
<b>MLK Day</b>	<b>TBA</b>	
<b>Easter Egg Hunt</b>	<b>TBA</b>	

